



Telephone 788-8996

Agawam

# Independent

Vol. 10, No. 43.

4 AGAWAM, MASS. 01001: THURSDAY, FEBRUARY 1, 1968

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## UNICO Announces Dinner Menu



Charles R. Calabrese and Joseph Ferraro, cochairmen of the 6th annual UNICO Macaroni dinner, announced today that the menu for the Italian style family dinner to be held Feb. 15, at the Agawam Junior High School has been selected.

## Nicholas Zucco Receives Zero Defects Award

At Packaging Service, Inc., Employee's Appreciation banquet Friday night at Betty's Towne House, Nicholas Zucco, president of Packaging Service, Inc., was presented with the Zero Defects Participation Award by the Defense Supply Agency, Department of the Air Force, and Department of the Navy.

The award is given for the quality of their product which



NICHOLAS ZUCCO

they supply to the armed services, and schedule deliveries.

Besides the 160 employees of Packaging Service, Inc., there were many dignitaries from the Defense Supply Agency; Mr. Arthur Marmas, Chief, Quality Assurance Division presented the award to Nicholas Zucco.

Also present was Chairman of the Board of Selectmen, Edward Connelly, who gave Packaging Service credit for its achievement and growth in the town of Agawam.

Mr. Marmas commented on the type of high caliber small manufacturers who are making their homes in Agawam, and who do much to supply both material and tooling for the manufacturing of defense supplies.

Many of the employees of Packaging Service received special gifts for participation in the Zero Defects Program.

Pictured above at left is Joe Ferraro; right, Charles Calabrese reviewing the menu for the 6th annual macaroni dinner.

Mr. Calabrese announced that ziti macaroni, Italian salad, home made meatballs, bread, milk, coffee, cookies and ice cream will be the menu of the day. Added attraction this year will be the home baked goods sale with pastries prepared by the wives of UNICO members.

Joe Ferraro noted that all UNICO members have tickets for this dinner and tickets will be sold at the door. On the basis of last year's attendance, Mr. Ferraro feels that this year's dinner will surpass the record turnout of last year's supper.

## Women's Club Set Dinner-Dance Feb. 3

The Agawam Women's Club will hold a 'Snow Flake Whirl' at St. Anne's Golf Course Clubhouse on Saturday evening, Feb. 3rd.

The dinner-dance, an annual affair of the club, will begin with a cocktail hour at 7, to be followed by a smorgasbord at 8.

Reservations may be made with any member of the committee: Mrs. Edmund R. Jenks, chairman, Mrs. Claude Ouellette, Mrs. John Teahan, Mrs. Robert W. Hall, Mrs. Richard Chapman.

## Local Lioness Club To Meet Monday

The Agawam Lioness Club will hold their February dinner meeting on Monday, the 5th, at 7:30 p.m. at the Federal Hill Club in Agawam.

Mrs. Chester Matys, program chairman, has announced that Mr. George Briere, a representative of United Air Lines, will narrate a film, "Discover America."

Members who have not been contacted by the telephone committee are asked to call Mrs. Thomas Cascio for reservations.

## HCIL Chair Seating Course Starts Feb. 15

The Home Dept. of the Hampden County Improvement League is preparing to teach chair seating to a group to be formed by Feb. 15.

These meetings will begin on Wednesday, March 13 for four weeks from 10 a.m. to 12:30 p.m.

Anyone who is interested call RE 6-7204-Mrs. Marie Gloss, Home Dept., HCIL, 1499 Memorial Ave., West Springfield. These workshop meetings are free.

## YMCA Women's Classes Start Wed.

Mario Sakellis, Executive Director of the Agawam YMCA announced that Exercise and Volleyball Classes on Wednesday evenings at 7:30-9 are now under way again for the winter period. These are held at Robinson Park School. Mrs. Jeannie Lukas is the Instructor. Exercises to music. Physical fitness, and weight control are stressed. Volleyball follows the exercises. This is open to YMCA members. Non members may attend by paying a small fee each time they attend. For further information, call the "Y" 733-9676.

## Receives YMCA Award

Mario Sakellis, Executive Director of the Agawam YMCA announced that last Thursday, Jan. 25th at the 115th annual meeting of the metropolitan YMCA's which was held at Springfield College, Ernest C. Swanson of 254 North St., Feeding Hills, was



ERNEST C. SWANSON

presented a Special YMCA Award for recognition as an outstanding layman in the YMCA movement in particular at the Agawam YMCA. Only two laymen received this award this year.

Mr. Sakellis said that Mr. Swanson joined the Agawam YMCA Board in 1958. Since then he has been on numerous key

## Selectman Connelly To Be Speaker At Grange Meeting

Community Grange will hold their next meeting on Tuesday evening, Feb. 6th when Mr. Edward Connelly, chairman of the Board of Selectmen of the Town of Agawam will be the guest speaker.

Mr. Connelly has been on the Board of Selectmen for five years and was recently elected its chairman. Before holding the office of selectman he was on the finance board for three years and was its

chairman for two years. He will talk of the 1968 town warrant and answer questions in regard to it.

All friends and guests of Community Grange members who would like to hear Mr. Connelly are cordially invited to attend



EDWARD W. CONNELLY

the program which will begin at 8:30 p.m. at the Grange home on North West St., Feeding Hills.

A short business meeting opening at 8 o'clock will precede the program. A social hour will follow the program and refreshments will be served by Mrs. Edith Bostwick and Mrs. Charlotte Watrous.

## F.H. Club To Hear 'Fashion In Food'

Miss Ruth Sweeney, Home Service Director, at Western Mass. Electric Co., will be guest speaker at the Feeding Hills Community Women's Club, Wednesday, Feb. 7th in Grange Hall on North West St., Feeding Hills. "Fashion in Food," presented by Miss Sweeney will be illustrated with slides showing portable electric appliances and convenience foods.

Miss Sweeney has a degree in Home Economics from Framingham State College, is well known to women in the Springfield area and during her association with Western Mass. Electric Company has gained recognition as an authority on many phases of home making. She is a speaker at club and student groups and has conducted many radio and television programs for the company. She is a member of the American Home Economics Assoc., the Zonta Club of Springfield and the Women's Division of Joint Civic Agencies.

Mrs. Kenneth LaFountain, president, will lead the business (Please Turn To Page 3)

## Agawam High IRC Hears Speakers

The Agawam High International Relations Club recently heard three speakers from Syria and Lebanon. Discussing life in these Middle East countries were Elias Deeb, Sam Soffan, and Mike Hayal. Mr. Duked, advisor, has announced that the club is trying to make arrangements to hear speakers from Tunisia, the Holy Land, and India.

Refreshments were served at the meeting.

## AHS Annual Band Supper And Awards Set For Feb. 6

Agawam High School Band will present awards at the annual Band Supper on Tuesday, Feb. 6. The supper will be held in the Agawam High cafeteria at 6:30 p.m. and awards presented to the band members by the Band Parents Group.

Forty-two members of this year's band have qualified for advanced rating chevrons by demonstrating various levels of playing ability in a sight-reading test that is given each year. This represent about half of the band's playing members and is one of the highest totals in the 10 year history of these tests. The only years that saw a higher number of members with advanced standing were in 64-65 and last year when 47 and 46 members held chevron rank.

The advanced chevrons worn on band uniforms are given in four levels. The four-stripe or highest level represents a very high degree of musical ability and is currently held by 5 members. In the preceding two year period the band has had three members with this rank and these were the previous record numbers. Only 12 members in the 10 year history of the tests have attained this rating with each band having only one or two among its members. This year's 5 students in this category brings the total to 17.

Another 5 members hold the three-stripe chevron which is a high level of achievement while 16 members have two-stripe chevrons and another 16 will receive (Please Turn To Page 3)



## CHURCH NEWS

### AGAWAM METHODIST CHURCH

459 Mill Street, Agawam  
 Rev. Kenneth Thornton, Minister  
 Ronald Ashton, Lay Leader  
 Mrs. Herbert Binns, Organist  
 Mrs. Marshall Keyes  
 Sanctuary Choir Director  
 Mary Alexander,  
 Youth Choir Director  
 Sandra Garfield,  
 Church Secretary

Thursday — 6:30 p.m. Girl Scout Cadettes meet.

Friday — 6:15 p.m. Bowling Teams at Westside.

Saturday — 11 a.m. Worship Service at the East Longmeadow Nursing Home; 8 p.m. Couples Club to go bowling at Riverside.

Sunday—9:30 a.m. The church at worship . . . Nursery for infants . . . Church school in session through sixth grade until 10:45; 10:30 a.m. Fellowship Hour; 6:30 p.m. Youth Group meets at church; 6:30 p.m. "Fit to Be Tied" program for Senior High youth at Feeding Hills Congregational Church; 6:45 p.m. Informal Worship Service.

Monday — 6:30 p.m. Junior Choir practice; 7:30 p.m. Woman's Society of Christian Service.

Tuesday—9:30 a.m. Friendship Circle meeting; 6:30 p.m. Youth Choir practice; 7:30 p.m. Bible Study for all ages.

Wednesday—7:30 p.m. Sanctuary Choir practice.

### BAPTIST CHURCH

Rev. Benjamin Lockhart, Pastor  
 Mrs. Nancy Lund, Choir Director  
 Mrs. Ruth Daniels, Organist  
 Mrs. Barbara Briggs,  
 Church Secretary

Thursday—7:30 p.m. Choir rehearse at church.

Friday—6:30 p.m. Senior BYF meet at church to cook for their Food Sale.

Saturday—9 a.m. Senior BYF conduct a Food Sale at Agawam Food Mart.

Sunday—9:30 a.m. MORNING WORSHIP SERVICE. Rev. Lockhart will preach the morning worship service . . . Choir will sing and the Pastor will talk with children. Communion will be served; 6 p.m. Junior High and Senior BYF's meet at church and then go to the Feeding Hills Congregational Church for the Fit to be Tied program.

Monday—10 a.m. Lamplighters Circle meet at home of Mrs. Lucella Gray, Emerson Road; 8 p.m. Amicitia Circle meet at home of Mrs. Nancy Edwards.

Tuesday — 6:30 p.m. Melody

Choir rehearse at church.  
 Wednesday—10 a.m. to 4 p.m. and 7 to 9 p.m. Trading Post open.

### CONGREGATIONAL CHURCH

Rev. Floyd C. Bryan, Minister  
 Mrs. A. G. Toussaint,  
 Minister of Music

Friday—4 p.m. Pastor's Class  
 7 p.m. Boy Scout meeting; 7:30 Sanctuary Choir rehearsal.

Saturday—8:45 a.m. Intermediate Choir rehearsal; 9:30 a.m. Junior Choir rehearsal.

Sunday—9 a.m. Church at Morning Worship — The Service of Holy Communion, Mr. Bryan preaching, and Church School, Nursery thru 6th Grade; 10 a.m. Church School, 7th Grade thru 12th Grade; 11 a.m. Church at Morning Worship—The Service of Holy Communion, Mr. Bryan preaching and Church School, Nursery thru 6th Grade; 5:30 p.m. Junior Pilgrim Fellowship meeting; 7 p.m. Senior Pilgrim Fellowship—Worship Service by Greg Orr. Program: Career Opportunities.

Monday — 7:30 p.m. Board Night; 8 p.m. Meeting with Parents wishing their children to be baptised on Feb. 11th.

Tuesday — 6:30 p.m. Senior High Choir rehearsal.

### FEEDING HILLS CONGREGATIONAL CHURCH

21 North Westfield St.

Rev. Arthur N. Sweeney, Pastor  
 Mrs. Frederick Nardi, Organist

Sunday — 9:30 a.m. Church School Classes; 11 a.m. Worship Service with Communion; 6:30 p.m. session 3 "Fit To Be Tied."

Monday—8 p.m. Meeting of the Church Council in Griswold Hall.

Tuesday — 12:15 noon; Bi-monthly meeting of the Agawam clergy with dinner; Griswold Hall.

The third session of the "Fit To Be Tied Program" is on Feb. 4 in the Feeding Hills Congregational Church at 6:30 p.m. Several doctors will participate by chairing small group discussions according to grade and sex. The youth enrolled are urged to be present this night out of courtesy to the doctors who are giving up one of their few free evenings to be of service, but more especially for the youth's own benefit. To get the evening started, written questions are solicited. These may

## Beef Casserole A Company Dish



This Quick Company Casserole recipe is great to have on hand for emergencies. When late afternoon guests unexpectedly drop in you can inquire casually, "Why don't you stay to supper?"

The casserole is a hearty, tasty combination of ground beef, canned stewed tomatoes and rice, flavored with onion, bouillon, and spicy Tabasco sauce—the liquid red pepper seasoning that adds zest to so many meat dishes. Shape the beef into balls, put all the ingredients in your prettiest casserole for table serving, pop it in the oven, and relax for the next hour.

#### Quick Company Casserole

- |                               |                                 |
|-------------------------------|---------------------------------|
| 1 pound ground beef           | 1 can (1 pound) stewed tomatoes |
| 1/4 cup minced onion          | 1 bouillon cube                 |
| 2 teaspoons salt, divided     | 1 cup hot water                 |
| 3/4 teaspoon Tabasco, divided |                                 |
| 1 cup uncooked rice           |                                 |

Combine beef, onion, 1 teaspoon salt and 1/2 teaspoon Tabasco; shape into 8 meat balls. Roll in rice; place in greased 2-quart casserole. Combine remaining 1 teaspoon salt and 1/4 teaspoon Tabasco with stewed tomatoes; pour over meat balls. Dissolve bouillon cube in water and pour over casserole. Sprinkle with remaining rice. Cover; bake in 350° F. oven 1 hour, 10 minutes or until rice is cooked. YIELD: 4 generous servings.

be unsigned, but ought to have a notation as to male or female and grade level.

### SACRED HEART CHURCH

#### FEEDING HILLS

Rev. George Linse, C.S.S.  
 Rev. James Shea, C.S.S.

Saturday—4:30 and 7:30 p.m. Confessions

Sunday—6:45, 8, 9:15, 11:30 a.m. Masses.

Tuesday—7:30 p.m. Miraculous Medal Novena Devotions.

### ST. ANTHONY OF PADUA CHURCH

Rev. Samuel Fayad, C.S.S.,  
 Rev. Joseph Mantia, C.S.S.

Saturday—4 to 5 p.m. and 7:30 to 8:30 p.m. confessions.

#### MASS SCHEDULE

Sundays—7, 8:30, 10:30 a.m., 5:30 p.m.

Week days—7 a.m.

Holy days—7 and 9 a.m., 5:30 and 7:30 p.m.

Tuesdays—7:30 p.m. St. Anthony Devotions.

### FOR SALE

LIVING WIG, all dressed, dark brown, worn couple times, also a Wiglet, all dressed. Call 732-9566 or after 4:30 p.m. call 732-6935.

### ST. DAVID'S EPISCOPAL CHURCH

Rev. John S. Tyler, Vicar

Sunday—8 a.m. Holy Communion; 10 a.m. Holy Communion.

Wednesday—7:30 p.m. Senior choir practice at the church.

### ST. JOHN THE EVANGELIST CHURCH

Rev. Walter J. Joyce  
 Rev. Albert Blanchard

Thursday—7:30 p.m. to 9 p.m. Confessions; 8 p.m. Choir rehearsal.

Friday—6:30 and 7:30 morning Mass and 5:30 evening Mass.

Saturday—9 a.m. CCD classes, grades 1 to 6; Confessions 4 to 5 and 7:30 to 9 p.m.

#### MASS SCHEDULE

Sunday—6:45, 8, 9:15, 10:30, 11:45 a.m.

Monday—CCD classes for all students in grades 7 thru 12 at 7 p.m.

Tuesday—5:30 p.m., Mass followed by Miraculous Medal Novena.

#### ST. BLAISE FEAST

Saturday is the Feast of St. Blaise. Throats will be blessed after the 6:30 and 7:30 morning Masses — also 11 to 12 in the morning—then again from 5 to 6 p.m.



### NEW INDIAN GUIDE TRIBE FORMED IN AGAWAM

A third Indian Guide Tribe was formed by the Agawam YMCA Mario Sakellis, Executive Director announced. The Tribe consists of the following fathers and sons. James Wager and sons John, Daniel and Michael; Nelson Martel and his sons, Nelson, Jr., and Rickey; Paul Norman and his son, Peter; George Circosta and his son, George; William Bennet and his son, Timothy, and Donald Thornton and his son, Richard.

MOVIES AT THE "Y"—This week's Saturday afternoon movies at the "Y" will be "Danny Boy" the story of a boy and his dog. Also part 5 of "Burn-Um-Up-Barnes." This is open to boys and girls in town. A small fee is charged to cover cost of film and leadership.

MINT SALE IS BEING PLANNED—A Candy Mint Sale Drive is now being planned by the Youth Members of the Agawam "Y." This will be held the week of Feb. 17-24th.

### ST. THERESA OF INFANT JESUS CHURCH

Rev. Paul Bernard

#### MASS SCHEDULE

Daily Mass—7 a.m.

Saturday—8 a.m. Mass — 4:30 and 7:30 Confessions.

Sunday — 7, 9 and 11 a.m. Mass.

Tuesday—7 p.m. St. Theresa Novena Devotions

### VALLEY COMMUNITY CHURCH

#### "THE CHURCH ON THE HILL"

Rev. Frank E. Dunn, Minister  
 Mrs. Hazel Prior, Choir Director

Mrs. John MacPherson, Organist

Mrs. Richard Orr,  
 Church Secretary

Sunday — 10 a.m. Morning Worship in Dunn Community Hall. 10 a.m. Sunday School classes in Boeder House.

Regular Monthly Meetings

1st Tuesday: Men's Club and Friendly Circle; 1st Wednesday: Board of Trustees; 2nd Wednesday: Church Council.

#### Special:

January 27: Meat Ball and spaghetti dinner at Junior High School.

### BIBLE BAPTIST CHURCH

Upper Church and Second Sts.

West Springfield, Mass.

Rev. John N. Garner, Pastor

Sunday — 9:45 a.m., Bible

School for all ages; 11 a.m., morning worship service. There is a supervised nursery service available upstairs in the church during both Bible School and morning service; 7 p.m., evening service

(Bible Baptist Church is in fellowship with the General Assn. of Regular Baptist Churches and the American and International Councils of Christian Churches).

February 6, 1952—King George VI died and his daughter, Princess Elizabeth, succeeded him to the throne, taking the title Queen Elizabeth II.

#### LEGAL NOTICES

##### PUBLIC HEARING

Notice is hereby given that the Commissioner of Public Welfare will give a public hearing at 500 Washington Street, Boston, fifth floor, at 2 p.m. on the 9th day of February, 1968 in the matter of the incorporation of AGAWAM CHAPTER, UNICO FOUNDATION, INC. under the provisions of General Laws, Tercentary Edition, chapter 180, section 6, as amended.

ROBERT F. OTT

Commissioner

(Jan. 18-25, Feb. 1, 1968)

### ANYONE

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# Camping And Outdoor Show Scheduled For March 8-10

The sixth annual Springfield Camping and Outdoor Show will be held Friday through Sunday, March 8-10, at the Better Living Center on the Eastern States Exposition grounds in West Springfield, Mass.

The show is considered the largest of its type in the United States. Over 75 exhibits will completely fill the 123,000 square-foot floor of the Better Living Center. On display will be the latest in camping trailers, tents, boats, outdoor equipment, hunting and fishing supplies, and information on campgrounds through the Northeast.

The show has attracted over 70,000 people in each of the past three years, reflecting the tremendous nationwide interest in family camping. Latest estimates indicate that there are over 35 million family campers in the country.

Sponsor of the show is the Pioneer Valley Chapter of the North American Family Campers Association. The members of the

chapter, including some 225 families, inaugurated the camping show in 1963 and have run it almost entirely with volunteer assistance.

Purpose of the show is to give campers the opportunity to see a wide selection of the latest camping equipment and to attract newcomers to the ranks of family campers.

Serving as cochairmen of the three-day event will be Mr. and Mrs. Edward Sullivan of 820 Shaker Road, Longmeadow, members of their committee, also members of Pioneer Valley Chapter, have been working on plans of the 1968 show since last June. They are: Ed and Babe Sullivan, cochairmen, Gerry and Irene Cote, South Hadley, John and Carla Fitzgerald, Springfield, Gene and Bev Kenyon, Westfield, Ralph and Marge Marcille, Springfield, Howard and Claire Merchant, Agawam, Les and Thelma Spafford, Westfield, and Allen and Alice Supernor, Springfield.

## Tonette Program Part Of Music Study In Local Elementary Schools

Over 375 Third Grade students in Agawam's Elementary Schools have begun their study of the Tonette in the second semester of the school year, as the usual introduction to the fundamentals of musical instruments.

The children meet once a week during their school hours, with Mrs. Sally Lowell, Elementary Instrumental Instructor, where they are taught simple tunes, rhythm, counting, fingering, phrasing, and musical interpretation through the playing of the instrument.

A Tonette is a plastic instrument which is fingered about the same as a saxophone, flute, or clarinet. Each student has his own Pre-Instrument Method Book which he is allowed to take home for additional practice. The tonette provides an inexpensive means for the child to discover if he likes music and for the teacher to learn which students seem to have the necessary qualifications to be successful on an instrument in the Fourth Grade Beginners' classes.

## Mothers of Twins Club Meet Monday

The Hampden County Mothers of Twins Club will meet Monday, Feb. 5, at 8 p.m. at Christ Church Cathedral, 35 Chestnut St., Springfield.

The Heart Association will present a film entitled "Better Odds for a Longer Life," and there will be a physician on hand to speak and answer questions that members will have.

All Mothers of Twins are cordially invited to attend.

## Amadine Sauce

To prepare Amadine sauce for fish, vegetables or leftover meat, melt 1 tablespoon butter in saucepan. Add ¼ cup sliced almonds; stir until almonds are lightly browned. Add ½ cup butter. Stir in 1 teaspoon onion juice, 1 teaspoon finely cut chives, 1 tablespoon ReaLemon bottled lemon juice. Heat to boiling point, stirring gently. Add ¼ teaspoon salt, ¼ teaspoon pepper. Makes about ¾ cup.

Four out of every five over-65 Americans who carried voluntary health insurance before medicare, have retained this protection—but on a supplementary basis—according to the Health Insurance Institute. The Institute estimated that among the 18.5 million over 65 population, more than 9 million have private health insurance. Since medicare's inception in July, 1966, only two million aged Americans discontinued their private insurance plans, the Institute reported.



By Jack Haber, Editor  
The G.Q. Scene

## Hair—A Lengthy Question

How many times have you heard in your house—"If you don't cut that hair I'm going to..." followed by various parental threats and growls. It always seems that just when you've gotten your hair to the length you like, the nagging starts.



And even if your father doesn't personally escort you to the barber, you usually wind up there anyway, watching miserably while the clippings fall on the floor.

How to cope with this hairy problem and keep the style you like? Find out what your parents dislike most about long hair. Do they say it's not clean? Wash your hair every night. Do they think it's unattractive? Experiment with several styles to see if you can come up with another—that both you and your parents like. In most of the letters I get as editor of *G.Q. Scene* magazine from guys all over the country—the main parental objection against long hair is that it isn't neat. This is easily remedied.

First, find a barber. Not your father's—unless you want to come out with a haircut just like his. Not the barber you've had since you were five either—but a barber who deals with a lot of guys your age and who knows what's happening. Then, explain to him that you want to leave your hair in the same style but with the lines trimmed. If you tell him you want it kept close to the ear (thus, avoiding a bare-skin frame) and left full on the sides (so no scalp shows) you'll have gotten the kind of haircut you want—neat enough to please your parents.

If all else fails—however—and they still object to the length, simply remind them that some of our most famous men—Einstein, George Washington, Carl Sandburg—never worried about haircuts. They had too much else to do!



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## AHS Annual . . .

(Continued from Page 1)

the 1-stripe award.

Although the number of members wearing chevrons is not quite a new record, the total number of stripes they wear is and this gives an indication of the overall musical proficiency of the group. The forty-two members wear a total of 83 stripes and this is a new high from previous totals of 79 and 78.

Band emblems and service bars are also awarded at the supper which is open to families and friends of band members.

One of every two persons traveling by vessel between the U. S. and foreign countries passes through the Port of New York, the New York State Commerce Department reports.

## F.H. Club . . .

(Continued from Page 1)

meeting at 8 p.m.

A social hour will follow the program with Mrs. Donald Gaunt, chairman; assisted by Mrs. Orville Burt, Mrs. Louise Rosso, Mrs. Hugh Franklin, Mrs. Raymond Morawski, and Mrs. Bertha Vandenberg.

## The Old Timer



"Some folks practice what they preach, others just practice preaching."

## AGAWAM PUBLIC MARKET 768 MAIN STREET

Open 7 A.M. to 6 P.M. — Open Fri. Nites



U.S.D.A. Choice - Value Way - Trimmed Beef

**TOP ROUND STEAK**  
**\$1.09** lb.

QUARTERED  
**CHICKEN LEGS** lb. 39¢  
QUARTERED  
**CHICKEN BREASTS** lb. 43¢  
U.S.D.A.—CHOICE  
**CUBE STEAK** lb. \$1.19  
LEAN  
**GROUND ROUND** lb. 99¢

**BIG BUY OF THE WEEK**  
SWEET LIFE — SOLID PACK IN BRINE

## WHITE TUNA

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SWEET LIFE  
**BOOK MATCHES** 3 50 count boxes 29¢  
MBT—VEGETABLE, BEEF, CHICKEN  
**BROTH** 3 for 88¢  
MAXWELL HOUSE—REGULAR OR DRIP  
**COFFEE** 1-lb. tin 69¢

## FROZEN FOODS

VAHLSING  
**CRINKLE CUT POTATOES** 4 2-lb. bags \$1  
ROMAN  
**PIZZA** 10 pack 89¢

Double United Stamps Wednesday



A Public Service Channel of Communication

# THE Agawam Independent

Published Every Thursday by  
THE INDEPENDENT PUBLISHING CORP.  
375 Walnut Street Agawam, Mass. 01001  
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HELENA M. McLEAN, Editor  
RITA M. MASON, Advertising  
BILL CHIBA, Outdoor Editor

Founded in April, 1958—by Bert L. Shepard,  
David C. Gallano and Vincent R. Caroleo

Corporate Officers:

Helena M. McLean, President; Rita M. Mason, Treasurer.

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The Agawam Independent assumes no financial responsibility for typographic errors in advertisements but will reprint that part of any incorrect ad plus a statement in its news columns calling attention to that error, in the event the error was the fault of the paper.

Vol. 10. No. 43.

Thursday, February 1, 1968

## Play It Cool

### CARBON MONOXIDE DANGER UP WHEN TEMPERATURE DOWN

Your car heater may be blowing up trouble as it warms your drive through heavy traffic these cold winter days.

It can increase the flow of carbon monoxide—loaded air into a car crawling in bumper-to-bumper traffic, warn Aetna Life & Casualty safety specialists.

The odorless, colorless gas is believed to be a factor in causing many traffic accidents. It can produce drowsiness, disorientation, nausea—and death.

The insurance company notes that the danger of carbon monoxide poisoning increases in winter. Ad your own car's exhaust system is not the only threat.

The culprit can be the exhaust from the car in front of you. If you're within a car-length, that exhaust is drawn into your car through the air intake system. With fan vents open, the heating blower pumps an increased volume of this polluted air into the interior, producing the possibility of a carbon monoxide buildup.

To protect against this potential hazard, Aetna suggests these tips for cold weather driving in dense, stop-and-go traffic:

Keep two opposite windows open half an inch or more. This cross-ventilates your car.

Set your heater blower at no higher than low. Better yet, turn the fan off and close the fan vents.

Try to stay a car length or more behind the car you're following, thus keeping out of its exhaust range.

Play it cool when you park with the motor idling, too. The same "ventilate-low heat" principle applies. Here, the carbon monoxide danger comes from your own car's exhaust system. A chunk of ice or a rock can puncture even the soundest equipment.

When you escape to the open road, turn the heater back up, but continue to ventilate by keeping two side windows open slightly.

Incidentally, in station wagons, never open only the tailgate window. Air currents created by the vehicle's motion actually draw exhaust fumes in through a rear opening.

Aetna also points out that you may leave carbon monoxide danger behind you—and with your family—when you leave for work in the morning.

Fumes produced by prolonged idling of the car engine inside the garage can leak into the house—even with the garage door open. If you warm up your car, move it from the garage first.

In urging you to stay alert to carbon monoxide dangers, Aetna reminds you of the three steps for treating a carbon monoxide victim: Get him into fresh air immediately. Apply artificial respiration. Call a physician.



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OPP. WONDER MEATS

## Government Can't Build Character

Pessimists, who are inclined to think that all the answers to present day problems lie in more and more government direction of our lives, are failing to take into their reckoning what might be called almost a national movement to restore to its rightful position the leadership and initiative of private citizens. There are many things government cannot do and one of them is to build character. We are reminded of this with the coming observance of Boy Scout Week, Feb. 7-13.

In speaking to the annual meeting of the Boy Scouts of America, Mr. James M. Patterson, an oil company executive, declared, "Youth movements in many other lands have lacked voluntary action. They have discontinued the importance of individual initiative and self-reliance, and have substituted blind obedience to a central authority. We have in Scouting and in other voluntary youth movements the American answer to Communism and dictatorships. Scouting is working to tip the scales in the direction of liberty—it is the American way." Mr. Patterson said Scout leaders are helping develop character and effective citizenship at the time it is needed most. "With more than three million boys and girls coming to voting age every year," he said, "our hope for a better future is in their hands. . . More than 40 million men and boys have taken part in Boy Scout work since it was started 67 years ago."

Boy Scout Week is worthy of observation by youth and adult alike. Scouting typifies the kind of voluntary, character-building action that accompanies responsible citizenship.



February 5

through

February 9

### SENIOR HIGH

Monday: Orange juice, toasted ham and cheese roll, mustard, mayonnaise, catsup, potato chips, buttered carrots, peanut butter sandwich, gingerbread w/topping milk.

Tuesday: Hamburg on buttered roll, mustard, relish, catsup, sliced onions, glazed sweet potatoes, buttered green beans, peanut butter sandwich, lemon filled cake w/chocolate icing, milk.

Wednesday: Baked link sausage, mashed potatoes, applesauce, rye bread/butter, peanut butter sandwich, orange cake w/butter icing, milk.

Thursday: Orange juice, turkey in gravy, mashed potatoes, buttered peas, bread/butter, peanut butter sandwich, Jello w/topping, milk.

Friday: Tuna salad sailboat, garden salad w/spinach & chichory greens, peanut butter sandwich, raspberry prune pie square, milk.

### JUNIOR HIGH

Monday: Meat loaf w/creole sauce, sweet potato, buttered corn bread/butter, ice cream, milk.

Tuesday: Juice, chopped ham on bun, tossed salad, potato chips, apple sauce w/milk.

Wednesday: Juice, hamburger on bun, stewed tomato, peanut butter sandwich, fruit cup, milk.

Thursday: Juice, turkey in gravy, mashed potato, buttered peas, Jello w/topping, milk.

Friday: Frankfurt on roll, homemade baked beans, cabbage carrot salad, cherry crisp, milk.

### DANAHY SCHOOL

Monday: Mashed potatoes, meat loaf w/brown gravy, buttered spinach, bread/butter, ap-

plesauce and cookies, milk.

Tuesday: Juice, grilled frankfur w/roll, mustard, relish, buttered carrots, cake square w/fruited topping, milk.

Wednesday: Italian spaghetti w/meat tomato sauce, buttered green beans, cheese wedge, bread/butter, fruit cup, milk.

Thursday: Juice, turkey rice soup w/vegetables, turkey salad sandwich, peanut butter jelly sandwich, carrot sticks, apple, cookies, milk.

Friday: Juice, tuna salad sandwich, potato chips, Harvard beets, prune spice cake w/topping, milk.

### GRANGER

Monday: Hamburg gravy, mashed potato, buttered broccoli, peanut butter sandwich, sliced peaches, milk.

Tuesday: Juice, grilled frankfurt on buttered bun, relish, mustard, potato chips, buttered carrots, blueberry squares, milk.

Wednesday: Juice, meat ball grinders, buttered green beans, cheese finger, vanilla pudding w/fruited topping, milk.

Thursday: Juice, roast turkey in brown gravy, mashed potato, buttered peas carrots, French bread/butter, donut, milk.

Friday: Tomato soup, tuna fish salad, sandwich, peanut butter sandwich, ½ hardboiled egg, celery sticks, fresh fruit, milk.

### PEIRCE

Monday: Meat balls in tomato sauce, steamed rice, buttered wax beans, cheese or peanut butter sandwich, fruited Jello w/topping milk.

Tuesday: Orange juice, grilled hamburger on hot buttered roll, kernel corn, cheese squares, peanut butter sandwich, applesauce,

## My Neighbors



"I always said that kid had a real talent."

milk.

Wednesday: Oven fried chicken, buttered sweet potatoes, green beans, bread/butter, raisin bread pudding w/topping, milk.

Thursday: Orange juice, baked hash, buttered peas/carrots, peanut butter sandwich, top hat cup cakes, milk.

Friday: Spaghetti w/tomato cheese sauce, grilled cheese sandwich, peanut butter sandwich, carrot stix, pineapple tidbits, milk.

### PHELPS

Monday: Chicken vegetable soup, chopped ham on buttered roll, cheese wedge, spice cake, orange wedges, milk.

Tuesday: Juice, hamburger on buttered bun, onion slices, relish, buttered green beans, apple, milk.

Wednesday: Macaroni & hamburger w/cheese tomato sauce, cabbage carrot salad, bread/butter, pineapple tidbits, milk.

Thursday: Juice, oven fried chicken, mashed potatoes, buttered carrots, bread/butter, applesauce, milk.

Friday: Juice, baked beans w/frankfurt rings, tossed green salad, peanut butter sandwich, peaches, milk.

### ROBINSON PARK

Monday: Orange juice, frankfurt on buttered roll, mustard, relish, cabbage carrot salad, baked beans, raisin spice cake, milk.

Tuesday: Tomato soup w/rice, raw vegetable, ham sandwich, fresh fruit, peanut butter pecan cookie, milk.

Wednesday: Spaghetti w/meat tomato sauce, buttered green beans, bread/butter, applesauce, milk.

Thursday: Roast turkey w/gravy, mashed potatoes, buttered broccoli, rolls/butter, ice cream cup, milk.

Friday: Citrus juice, tuna fish salad sandwich, peanut butter sandwich, potato chips, tossed salad w/spinach & tomatoes, milk.

### SOUTH

Monday: Orange juice, chicken vegetable soup w/noodles, celery sticks, chicken salad on rye bread fresh orange, milk.

Tuesday: Meat ball grinder w/tomato sauce, buttered broccoli, cheese sticks, deep dish apple square, milk.

Wednesday: Citrus juice, baked beef hash, catsup, fruit slaw salad, homemade buttered yeast rolls, ice cream cup, milk.

Thursday: Steamed franks on buttered roll, relish and mustard, buttered carrots, cheese sticks, citrus fruit cup, milk.

Friday: Meatless lasagna w/cheese tomato sauce, ABC salad, buttered biscuit, orange Jello, milk.

## The Old Timer



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## PUBLIC NOTICE

The Catalina Swimming Pool Co. must empty their warehouses of All '67 Model Pools immediately. Their inventory contains all sizes, shapes — round, square, rectangular, in-the-ground and above-the-ground pools. During Month of February ALL PRICES WILL BE SLASHED to manufacturer's prices or lower if necessary for quick clearance.

As there is ONLY A LIMITED NUMBER OF ALL MODELS, this sale will be run on a 1st Come, 1st Served Basis. Call NOW while Catalina still has the model you want.

Low Down Payment, Small Monthly Payments when you swim. Call today for a non-obligation investigation. CALL 734-4624.



## Waste Collections

ROUTE 5  
Friday, Feb. 2

Alexander Ave., Barry, Belmont Ave., Bradford Dr., Briarcliffe Dr., Briar Hill Rd., Bristol Dr., Carmel La., Carol Ave., Churchill Ave., Elmer Dr., Fox Farms Rd., Greenwich Dr., Hammar Dr., Hamilton Cir., Hendon Dr., Hickory, Longview Rd., Meyers Dr., New York Ave., North St. Ext., No. West, No. Westfield, Oriole Dr., Overlook Dr., Parkview Dr., Provia Mt. Dr., Pine, Richmond Ave., Ridgeview Dr., Robin Ridge Dr., Roosevelt Ave., So. West, So. Westfield, Southwick, Squire La., Strawberry Hill Rd., Sunset Ter., Tannery Rd., and Thalia Dr.

ROUTE 6  
Monday, Feb. 5

DePalma, Doane Ave., Edgewater Rd., Franklin St. Ext., Garden, Gunn-Geary La., Memorial Dr., Mountainview, Phil, Poplar, Porter Dr., Shoemaker La., Silver, Silver Lake Dr., Suffield and Vadnais.

ROUTE 7  
Tuesday, Feb. 6

Althea Cir., Anthony, Belle, Brien, Center, Clematis Dr., Colonial Ave., Cooper, Elsie, Fairview, Federal Ave., Federal, Federal St. Ext., Harvey Johnson Dr., Karen Dr., Ley, Poinsetta, Potomac Pl., Prince La., Reed, Samuel, Senator Ave., Stanley Pl., Valentine, Valentine St., Ext., Vernon, Virginia, Washington, Westford Cir., and Woodside Dr.

ROUTE 8  
Wednesday, Feb. 7

Allen, Adams, Birch Hill Rd., Carr Ave., Cosgrove Ave., Elm, Emerson Rd., Haskell, Henshaw Ave., Kanawha Ave., Lealand Ave., Main, Mardale Ave., Nile Ave., Oxford, Parker, Perry La., Pineview Cir., Raymond Cir., Riverside Ave., Riverview Ave., Ruskin Ave., Ridge Ave., South, So. Park Ter., Stewart La., Sunnyslope Ave., Thirlmere Ave., Veranda Ave., Woodcliffe Ave. and Wright.

ROUTE 9  
Thursday, Feb. 8

Albert St., Alhambra Cir., Barney St., Central St., Corey St., Editha Ave., Edward St., Elbert Rd., Ellison Ave., Frank St., Hunt St., James Ave., John St., Joseph St., Kirkland St., Liberty Ave., Maple Ave., Meadow Ave., Meadow St., Monroe St., Pomeroy St., River Rd., School St., Seymour Ave., Sterling Rd., Sunrise Ter., Willard Ave., and Wyman Ave.

## Career Conferences For February at AHS

Mr. David Skolnick, Guidance Director at the Agawam High School announces the dates for the February Career Conferences to be held in the school auditorium at 8.

February 7, "Opportunities at Western Massachusetts Electric Company," guest speaker, Mr. Donald Bartlett, Director of Industrial Relations, Springfield, Mass.

February 14, "East Coast Aero Tech," Mr. Robert McTigue, Director of Admissions, Lexington, Mass.

February 15, "Elmhurst College," Mr. Donald B. Ritter, Director of Admissions, Elmhurst, Ill.

February 28, "New England Technical Institute," Mr. Ralph Jordan, Director of Admissions, New Britain, Connecticut.

February 12, 1825—Creek Indian treaty signed. Tribal leaders agreed to turn over all their lands in Georgia to government and promised to migrate to the West by Sept. 1, 1826.



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## Tiny Tarts Tipped With Cream



Be elegant yet easy when entertaining with these Lemon Creme Tarts created in the Borden Kitchen.

**Lemon Creme Tarts**  
(Makes 16 2-inch Tarts)

### PASTRY CUPS:

2 sticks (10-oz. package) homogenized pie crust mix	2 tablespoons ReaLemon reconstituted lemon juice
2 tablespoons boiling water	Melted butter

In a small-size mixing bowl, crumble 1 stick pie crust mix. Add 1 tablespoon water and 1 tablespoon lemon juice. With a fork, mix until dough loses its stickiness. Stir until dough forms a ball and completely leaves side of bowl. On a floured board, with a floured rolling pin, roll dough to a 14-inch circle. With a round 2-inch cookie cutter cut 32 circles of dough. Repeat with remaining stick of pie crust mix. Press a circle of dough onto the bottom of a 2-1/2 inch diameter muffin cup or a 5-oz. custard cup. Press 3 circles of dough around sides of cup, edges overlapping, petal-fashion. With tines of a fork, pierce entire surface of pastry. Repeat with remaining circles. Bake in a hot (450°F.) oven 8 to 10 minutes, or until pastry is lightly browned. Remove from oven; brush with melted butter. Let cool thoroughly before removing from cups.

**FILLING:** In a medium-size mixing bowl combine 1-1/3 cups (15-oz.) can sweetened condensed milk and 1/2 cup ReaLemon reconstituted lemon juice. Stir until mixture thickens and is thoroughly blended. Whip 1/2 cup heavy cream; gently fold into lemon mixture. Divide filling in half; blend yellow food coloring into one half and red food coloring into the other. Spoon filling into cooled shells. Refrigerate 2 hours, or until filling sets. To serve, whip 1/2 cup heavy cream and garnish each tart.



Company coming for dessert and coffee? Win yourself a reputation as a blue ribbon cook with this delectable cream pie—made from a mix! These new cream pie mixes are available in chocolate, coconut, and imitation banana flavors, each neatly boxed with three envelopes—one each of graham crumbs, filling mix, and topping mix. Very little time is needed to turn these into perfectly elegant desserts for family and friends.

### Trade Winds Cream Pie

1 package Jell-O Cream Pie—Coconut or Imitation Banana Flavor	3 tablespoons sugar 1/4 cup butter or margarine 1/2 cup semi-sweet chocolate chips
---	--

Empty graham crumbs into small bowl. Add sugar. Melt butter with chocolate chips; add to crumb mixture. Press firmly over bottom and sides of 9-inch pie pan. Prepare filling and topping mixes as directed on package. If desired, garnish pie with banana slices, dipped in lemon juice.

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• PLACE TELEGRAPH ORDERS EARLY •

## At Your Service

EUGENE H. LUND  
Director of Veterans Services



162,606 Massachusetts veterans holding United States Government Life Insurance and National Service Life Insurance policies will receive \$8,723,768 in dividends in 1968, the Veterans Administration office in Boston announced today.

The first dividend checks went out January 1. All dividends will be paid on the anniversary date of the veteran's G.I. insurance policy.

For 6,241 World War I veterans in Massachusetts, the dividend on USGLI policies will total \$494,040, with payments averaging \$79. The 1967 USGLI dividend average \$3 less.

The 1968 NSLI dividend for 156,365 Massachusetts World War II and Korean Conflict veterans will total \$8,229,728. VA said that the average dividend payment of \$52 on NSLI policies is \$6 higher than last year's dividend.

The Boston VA office explained that the USGLI and NSLI dividends will vary according to plan, age and amount of insurance coverage.

It was pointed out, however, that veterans who converted their G.I. insurance to permanent plans will receive higher dividends in 1968 because of increased interest earnings on reserves.

Modified life insurance policies will not share in this year's dividend since premium rates for veterans holding these policies are so near actual costs that no surplus has accumulated.

Nationally, about half of the four million World War II NSLI policies are "permanent plan." By contrast, all but 2,500 of the USGLI policies held by 190,000 World War I veterans are permanent plans.

The 1968 dividend will mark the 19th straight year in which an annual dividend has been paid on NSLI policies. It will also

bring to approximately \$7.2 billion the amount of dividends paid on NSLI policies since 1950.

VA pointed out that dividends were first paid on USGLI policies in 1919. Since that time, VA said, about \$700 million in USGLI dividends, including the 1968 payment, have been paid.

## My Neighbors



"Watch where you toss your masterpiece, will you?"

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## SPORTSMEN'S CORNER



By BILL CHIBA

A bewildering situation was brought to light at the Hampden County Council meeting last Thursday. The County Council had petitioned the Five Man Board of the Division of Fisheries and Game and the State Council of Sportsmen's Clubs to establish a six trout limit on all bodies of water in Mass.

The State Council purportedly took the request back to their respective counties and brought back the decisions to the State meeting. Mr. James Shepard, Director of the Division of Fisheries & Game was also in attendance at the meeting. The vote on

the issue was five against, three passed, and one in favor.

The reason given by the counties that voted against the 6 fish limit was brow lifting to say the least. One delegate stated that the small brooks down in the Eastern part of the state receive so many trout that the 12 fish limit is a must in order to harvest the fish before they go out to sea or die from lack of water by June.

We have repeatedly heard that the Eastern part of the state receives a greater amount of fish from the Division of Fisheries & Game than the Western part. If the statement made at the Council meeting is true, then it certainly would appear that we are being shorted in our allotment of trout. Mr. Shepard did not take issue with the statement made by the delegate from the eastern county so there could be some credence of truth to the statement.

I can see the position taken by the Five Man Board and Shepard on the 6 fish limit. Shepard is being bombarded by the discontents on the partial buck law and the permit system of harvesting does during the gun season. He knows that less licenses will be sold next fall and the division will feel the drain of funds. The

board and director, even though the 6 fish limit is sensible to them, will not set the regulation because they fear that more licenses will be left to gather dust in the Town Clerk's offices throughout the state. So politics must be played by the Division and the Sportsmen and his image of being a conservationist and a purist must take the brunt of criticism from those that are always lurking, waiting for the opportunity to twist the "knife" a bit more. SOLUTION: Move to the Eastern part of the State if you want an abundance of trout opening day. (Mr. Shepard will

attend the next Hampden County Council of Sportsmen's meeting Feb. 29. If you have questions, attend the meeting and ask them!)

### RULES SET FORTH

David Johnson, president of the Oregon Sportsmen's Club set forth the following specs involving fishing at Mellor Pond every Sunday commencing the 28th.

1968 members only may fish free of charge from 11:00 a.m. until 4:00 p.m. Sundays. Each member is permitted one hole and one line; no flour products may be used for bait and the limit is three trout. The pond is closed to fishing except the times so stated. Trout must be tagged by a committeeman before leaving the club grounds.

100 trout were stocked Sunday the 28th. Refreshments and snacks are available each Sunday.

The committee in charge of the fishing are Jack Hurley, Bob Maroney, John Dziza, John A., John F. and Michael Pasterczyk, Finian Shea, Ben Klofas and Joseph Yargeau.

President Johnson also named Leonard Murphy and Bernard Fitzpatrick to take charge of the pre-Lenten Social at Grochmal's Grove Feb. 24, tickets are now available. Proceeds from the affair will be used to finance the winter bird feeding program now in progress.

Garcia's 1968 Annual Fishing Magazine is now on the market

at 50 cents per issue.

The Book is loaded with know how on a variety of species. From trout fishing in the West to trout and salmon in the North East.

In addition to 20 fascinating features, you will find 63 pages unfolding the broad Garcia Tackle lines of more than 1,000 items. The annual also includes fishing tips, Garcia Fishing Awards applications, and the unique Tackle-Balancing Chart.

A reminder that the Agawam Sportsmen Club annual game dinner is Feb. 6 at the Club House. Tickets are still available.

The Sandisfield Rod and Gun Club Annual banquet . . . steak galore by Sutula . . . will be held at the American Legion Post 430, Liberty St., Springfield, Mass. Tickets are available from club members.

## The Old Timer



"Mouthwashes for sweetening the breath are fine—now how about something for sour dispositions?"

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## For the Sportsman...



The "Terra Tiger" is Allis-Chalmers new entry in the recreation, family fun and commercial markets. All-wheel drive and high-traction, flotation tires make it a year 'round, "go anywhere" rig. It features a water-tight Fiberglas body, room for two passengers and equipment, and an air-cooled 10 horsepower engine. With a 600-pound payload, the unit will climb a 45 degree hill, ford a rocky stream, or cross a mucky swamp.



### FLOAT TRIP

Float fishing has often been overlooked in the mad dash to big impoundments, but this method of fishing remains one of the most satisfying adventures an angler can have.

A do-it-yourself float trip is a little more work than the commercial variety, but it's a lot more fun, say the fishing authorities at Mercury outboards. It takes ingenuity and skill in maneuvering your boat downstream, a better than average casting ability and a few arm and shoulder muscles which may have grown soft from disuse.

Use the long winter months to study various areas. The stream should be selected from a detailed county map and have access points no farther than 10 miles apart. A dependable outboard motor will then keep you within an hour of a take-out point should an unexpected occasion arise.

In making a float trip you'll encounter varying types of water which should be fished with different lures. It's a good practice to rig two or three rods so that you can make the switch rapidly. Have a weedless underwater or top water lure ready for fishing rocky shorelines in the still pools, and fast moving spinning or wobbling lures for swift water. Stop and fish the best spots. For instance, if you've been getting strikes in the fast water, beach the boat above every riffle and fish it thoroughly.

By the way, one more item is necessary for a do-it-yourself float trip. Someone to pick you up when it's over. A congenial wife is excellent for this purpose.

## New Windows Give Old Home A Bright New Lease on Life

Modern wood windows can give an old house a new lease on life — inside and out.

The exterior of the house gets an up-to-date facelift; the interior gains a sense of spaciousness, as well as more light and air. What's more, modern windows have beauty and convenience features that were probably not available when the original windows were installed.

Here are some ways to upgrade the appearance and convenience of your home with new windows:

- Create a visual highlight for the house with a stock bow or bay window of ponderosa pine. These graceful units frame a view beautifully, offer wide visibility, and can be obtained with operating panels at the top or bottom for ventilation. Bows and bays are most appropriate for Colonial homes, but add elegance to any architectural decor.

- Wide-view stock windows, such as bows and bays, are now available with insulating glass which, combined with the natural insulation of wood sash, cuts heat loss and heat gain substantially, helps keep the room comfortable all year round, and eliminates the need for storm sash.

- Add drama to a drab room with a series of awning or hopper windows, banked three across and three high. They give the effect of a glass wall with wide-open visibility and



Modern windows can give an old house a new look. Here, an up-to-date version of Colonial styling was used to beautiful advantage by installing stock ponderosa pine windows with removable grilles that give a traditional multi-paned appearance and simply lift out for easy window washing.

- lots of sunlight. Awning windows open out, and hoppers in, at a 45-degree angle, providing a free flow of air and maximum ventilation.

- Install a casement window over the kitchen sink. It's ideal for such hard-to-reach places because it can be reached and operated easily and opens with the turn of a handle. You can install casements on either side of a fixed glass window for a combination of visibility and ventilation.

- Give double-hung windows an attractive new look with removable grilles. The grilles snap into place over the inside glass surface to give the windows a small-pane appearance. When you want to wash the windows, the grilles lift out to expose a single pane of glass. For additional window washing ease, many ponderosa pine stock windows come with pivot or lift-out sash so both sides of the window can be cleaned from inside the house.

## Fighting Fatness Makes Good Sense

There's no doubt about it. Many of us are too fat.

Almost everyone who is too fat would like to slim down to average size for his height and build. Many women would like to be on the skinny side.

The American Medical Association's home health book, Today's Health Guide, points out that most physicians consider obesity an important factor in personal health for three reasons:

- It is common.
- It is associated with increased sickness and death rates, notably in respect to heart, circulatory, kidney, and metabolic disorders as well as surgical and obstetrical complications.
- It can be successfully treated to help control associated medical conditions.

Medical experience strongly suggests greater risks for overweight persons in respect to most of the major disorders besetting our population. The evidence for generally adverse effects from obesity seems too massive and too consistent to be ignored.

So we need to lose weight. It should be simple: just cut down on the calories. Unfortunately, it often isn't simple. Taking fewer calories than are needed seems to be within the theoretical capability of most of us. Yet results suggest that this is difficult and often not achieved. Long-term observations indicate poor success for most dieters.

One factor involved in overweight is psychological. Emotional factors are operative in all of us. Psychological factors may help cause overweight, or help to maintain it. Seldom is psychiatric consultation required. The general

practitioner, the internist, the pediatrician usually can provide suitable guidance and support as part of the weight-reduction program, the AMA book says. The



physician's aim is to prod and reinforce our will to lose weight, to help us be so determined to trim off excess pounds that we will stick to the reducing regime.

The physician may prescribe drugs at first, as a crutch to help us get started. These can reduce appetite, promote a feeling of well-being, add bulk in the stomach, eliminate excess fluids. They can, at best, afford only temporary help. They postpone the day when facts must be faced, when we finally make up our minds that we must change our eating habits to keep our weight under control.

5-63

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# Modern Househunter Seeks More Than Shelter in Home

Good design, good looks and good materials are making the difference in today's house sales.

Housing experts state that it's no longer enough to offer homeowners a house that provides shelter, especially if those homeowners are second-time buyers and have learned through experience what they want in a home.

Commenting on modern homeowners' demands, the National Association of Home Builders says that good house proportions, attention to exterior line and beauty, and an emphasis on durability and low maintenance are sure ways of appealing to the buying public.

Homeowners' requirements also include: rooms that permit both family living and individual privacy; easily accessible—

and private — outdoor areas such as an atrium or shielded patio; sensible room arrangements and good traffic patterns, and lots of convenient storage space.

The combination of low care, long wear, and good looks is easy to achieve — inside and out — say the experts, through the proper use of building materials. An interior example is the extensive use of hardboard paneling, which is attractive, sturdy and easy to clean, in hallways, recreation rooms, dining areas, and even bedrooms and living rooms.

To meet exterior requirements, many builders use asphalt roofing shingles which offer efficient weather protection and are designed by the manufacturer for many years of maintenance-free service.

Asphalt shingles have the added advantage of adaptable good looks, because they are available in a variety of colors, including white, black, pastels and blends which allow color coordination between the roof and other exterior elements of a house. There are even "earth" and "forest" colors — shades of brown and green — which make it easy to harmonize the roof with the house site and surroundings.

Other exterior features that are getting attention from builders and buyers are: windows which add to good house proportion, permanent color and no-paint sidings, and authentic architectural styling—homeowners who want a contemporary house will no longer settle for one glass wall and a modern-looking planter.

## Recent Improvements In Social Security

By JOHN O. BROADHURST  
Field Representative

If you work after you become entitled to benefits, you can earn \$1,680 a year and not have any benefits withheld.

Starting in 1968, the new law raises from \$1,500 to \$1,680 the amount of total earnings a social security beneficiary may have in a year without any of his benefits being withheld. (The \$1,500 amount still applies for taxable year 1967.)

If you earn no more than \$1,680 in 1968, no benefits will be withheld. If your total earnings exceed \$1,680, \$1 may be withheld from benefits based on earnings for each \$2 of earnings between \$1,680 and \$2,880; \$1 in benefits may be withheld for each \$1 or earnings above \$2,880.

Regardless of the total amount you earn in a year, no benefits will be withheld for a month in which you neither earn over \$140 in wages nor perform substantial services as a self-employed person. As in the past, no benefits will be withheld because of your work for any month in which you are 72 or older regardless of how much you earn in the year.

NOTE: Special rules which include medical considerations apply to work performed by a disabled beneficiary.

If you are a woman worker, the new law makes it easier for your dependents and survivors to get benefits based on your earnings.

Under the old law, there were circumstances under which benefits could be paid to dependents or survivors of a woman worker only if she had worked under social security for 1½ years of the last 3 years.

Now this special requirement has been removed. Benefits may be paid in these cases beginning in March 1968 if the woman worker has enough work credits (earned at any time) to be "fully insured."

This change in the law will provide benefits for some children whose mothers died after working under social security, or who retired or became disabled; some widowers who were dependent on a wife at the time of the wife's death; and some husbands who were dependent on a wife at the time of the wife's retirement or disability.

If you think you or members of your family may be affected by this change, get in touch with your social security office.

## New Eyes For The Needy

She's only four and doesn't know much about the world. She has troubles with a naughty dolly, loves games, and has learned already that tears from her big blue eyes bring comfort on the run.

She doesn't know anything about money — or her family's lack of it. She doesn't know either, about bad eyesight, or who

the stranger is who helped her see better by contributing the glasses perched on her tiny nose. She never will.

But if you were one of the persons who sent one, or more, of the 800,000 pairs of discarded eyeglasses in the last year to a Short Hills, N. J. volunteer organization called New Eyes for the Needy, it could have been you.

Helping little girls, or anyone else with a sight problem, is nothing new for "New Eyes." The organization has been in existence for 35 years. It's non-sectarian, non-profit, and run by 300 volunteers—most of them housewives.

In all of its 35 years of helping people in this country and overseas, "New Eyes" has never solicited money. Discarded glasses, sent in by individuals and organizations from all over the United States, have always been the most important aspect of the organization's operations.

The only other help "New Eyes" accepts is precious metal scrap, silverware, antique and costume jewelry. These are melted down and the money from the reclamation is used to set up funds in 88 hospitals in 48 states. These pay for new prescription glasses, or if needed, artificial eyes.

In addition, welfare agencies throughout the country are given a specified number of cards, guaranteeing payment of new glasses for needy persons who cannot otherwise afford them.

"New Eyes" volunteers are proud of the fact that they have helped more than half-million people to better sight. They are quick to say, though, there is much good work yet to be done.

In fact they are eager to assist any local organizations, company clubs or chapters of national organizations in setting up projects to collect discarded eyeglasses and jewelry. Inquiries can be directed to New Eyes for the Needy, Inc., Short Hills, N. J. 07078.

That same address can be used to send any individual contributions. Glasses and jewelry you no longer have any use for can bring better sight to those who have no one else to help them.

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## My Beat — A.H.S.

Jo-Ann Della-Giustina

A child from a foreign country will be sponsored by the Student Council as soon as enough money is raised in the home rooms.

On Feb. 17th, the Council will sponsor a movie for elementary school children in the afternoon and a dance and raffle at night. Plans are in progress for these events.

### OPERETTA REHEARSALS

Choreographer Dominique has recently chosen the dancers for this year's operetta, "South Pacific." In the show there are two production numbers and various smaller dances. This year's dance captain is Diane DiDonato, assisted by co-captain Mary Geofrions.

Be sure to make plans to attend the play on March 21, 22, and 23.

### SKI CLUB

Making plans for a week-end ski trip to Woodbrook, Vt., is the AHS Ski Club. Advisor Mr. Suzor has announced that the results of the election of officers are: President-Les Moore, Vice-President-Holly Cloran, Secretary-Sue Scherpa, Treasurer-Doug White. The club skis frequently at Mt. Tom Ski slopes.

COMING EVENTS: Plans for the Prom are being made! . . .

## TV TIDBITS

### PRACTICE MAKES PERFECT

RADNOR, Pa. — After several hours of jolty flight on the return trip from Tanzania (where he had just filmed a TV special), John Glenn, America's first astronaut, went forward to the cockpit to have a go at jungle-flying. The plane was well-worn, patched and slightly overweight. Producer-writer John Peer Nugent reports in TV Guide magazine that as the plane made an uncommonly soft touchdown on the lumpy runway at Dar es Salaam, the African steward remarked in awe: "Ah, hwana, but that is not the landing of one of our pilots."

Drive so that your license expires before YOU do.

Personality Club will hold a fashion show . . . Watch for basketball and hockey schedules. Give our boys all your support . . . College Boards next month!!!

## Printed Pattern



Printed Pattern 9459: Misses' Sizes 10, 12, 14, 16, 18. Size 14 takes 3½ yds. 39-in. SIXTY-FIVE CENTS in coins each pattern — add 15 cents for each pattern for 1st-class mailing and special handling. Send to 170 Newspaper Pattern Dept., 232 West 18th St., New York, N.Y. 10011. Send 50¢ for 1968 Spring-Summer Pattern Catalog. Includes coupon good for One Free Pattern.



## Turkey Talk by Betty Crocker

This year plot your turkey strategy. Buy a bigger bird than you need for a holiday dinner and freeze the extra meat. Then you're all set for quick and easy meals. Or what I call turkey "planned overs" for the busy holiday season. Lots of interesting possibilities. White turkey meat with slices of jellied cranberry for sandwich time. Creamed turkey on grid-die cakes for Sunday brunch. Casseroles, hash or turkey loaves for family suppers. Turkey soup. And if you're looking for some new turkey recipes, try these. They're very good, I promise you.

### QUICK-BROILED SANDWICHES

- 2 cups Bisquick
- ¾ cup milk
- 2 tablespoons soft butter
- 1 large tomato
- 8 slices cooked turkey
- 8 slices process American cheese

Heat oven to 450°. Lightly grease a baking sheet. With fork mix Bisquick and milk to stiff dough. Beat vigorously 20 strokes. On lightly floured cloth-covered board, knead 8 times. Roll dough into rectangle, 12x8 inches. Place dough on prepared baking sheet. Spread with butter. Bake 10 minutes. Slice tomato into 8 slices. Cut hot biscuit bread into 8 rectangles. Top each rectangle with slice of tomato, turkey and cheese. Set oven control at broil and/or 550°. Broil sandwiches 6 inches from heat about 3 minutes or until

cheese is bubbly. Serve immediately. 8 servings.

### EASY TURKEY DIVAN

- 2 packages (10 ounces each) frozen broccoli
- 6 slices cooked turkey or 1½ to 2 cups cut-up cooked turkey
- 6 slices process American cheese
- 1 can (14½ ounces) evaporated milk
- 1 can (10½ ounces) cream of mushroom soup
- 1 can (3½ ounces) French-fried onion rings

Heat oven to 350°. Cook broccoli as directed on package. Place turkey in oblong baking dish, 11½ x 7½ x 1½ inches. Cover with broccoli; top with cheese and cover with mixture of milk and soup. Bake 25 minutes. Cover with onion rings and bake 5 minutes longer. 4 to 6 servings.

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# V.F.W. Post 1632 and Auxiliary Bulletin

By ANNA D. BISSONNETTE

## HERE WE GO AGAIN

At a special meeting held Jan. 23rd plans were made for the SECOND ANNUAL IRISH NIGHT . . . Remember last year with Gus Hocker as chairman? Remember the plentiful food and fun with Bib Bissonnette as M.C. Well, we've gone and done it again as the saying goes . . . only we'll even improve. Please purchase your tickets early as we wouldn't want you to be disappointed. The success of last years affair forces us to limit the tickets. Because we haven't (as yet)



It's a hit in the noggin,  
You'll begotten,  
If you've forgotten,  
Your Irish Night Tickets!!

a large enough Post Home we are having it at the West Springfield Post #6714 on Riverdale Road. They have been kind enough again to offer us the use of their beautiful Home and we've accepted. The proceeds from this affair will go into our "Building Fund" and then perhaps we can be as gracious to some other Post . . . Thank you #6714.

**AND NOW FOR THE FACTS**  
Chairman-Gus Hocker; co-chairman-Edward Harpin; Honorary Chairman - Commander Richard Adelmann; Tickets-Andy Cimma and MC-Bib Bissonnette. The chairman will supply the rest of the committee names in the next issue. To be held on Saturday, March 16th with the social hour from 6 p.m. til 7 p.m. Remember last years mouth-watering roast beef? It will be served again at 7 along with seafood cocktail, Irish potatoes, green beans, carrots, rolls, butter, apple pie with ice cream and coffee. Served family style, all this will be available to you for the small sum of \$3 per person with reduced price for all Golden Agers only \$2. There'll be green decorations, dancing and fun. There'll be door prizes and judging of the best Irish costume of men and women. Tickets are available from the committee and a the Post Home—DON'T WAIT to long.

"Hi"

Again "Hi" and "Welcome" to more new and reinstated members: Elinore Dunphy, Marie Domash, Anna Lefebvre, Jessie M.

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Zenisky, Lucille Harpin, and Adele Gallano. These girls are showing a real spirit towards our veterans and their objectives. Thank you girls, we needed you and always will.

President Venetta Synder reported doing very well on sales of the Civic Directories at the Agawam Shopping Mart on Friday night but Thursday night was cold and snowing so kept customers away. Special thanks to Venetta and Brady Snyder who manned the post selling the books. On Jan. 28, Venetta and Katy Dickinson were the only two of the Auxiliary that worked on serving the guests a smorgasbord at the World War I Installation at St. Anthony's Hall. Others of the committee were home with the flu. We, of Post #1632 and Auxiliary wish all the officers and members of the Walter S. Kerr Barracks the best of luck, health and a prosperous year and especially to James Cleary who is going in as Commander for his eighth year.

## SICK CALL

The whole tribe is sick—The Stellato's: Mary, Jim and Rocky; The Curran's: Betty, Don and Karen; The Bissonnette's: Anna, Bib and Carol; The Dickinson's: Katy and Tom; The Snyder's: Venetta and Brady—Hope they are all up and around by the time this is in print. . .

Two Irishmen, one accompanied by his wife met on the street. Said Pat to Mike, "Let me present my wife to ye." No, thank yer," replied Mike, "got one of me own."

## MEMBERSHIP REPORT

QM Bissonnette reports that there is 93% of the 1967 membership in—only 9 more dues to go. Are you one of the nine? Are you keeping us from making 100%? It takes such a little time, won't you please get them in today and be a member the whole year.

## Junior Grange #105 Program Saturday

Community Junior Grange 105 will meet on Saturday, Feb. 3rd at the Grange Home at 2 o'clock. After the usual business meeting, the Home and Community Service Committee: Joan Werner, chairman, Richard Allen, and Marion White with Mrs. Earl Bradway as advisor, will present a program on the Laser Beam. This is a project of the State Committee for Community Service, which helps to check Diabetes blindness.

Last year the Granges throughout the state contributed over \$9,000 to extend the research and development of this much needed medical aid.

Mr. C. Wesley Thayer, overseer of the Massachusetts State Grange will be the guest speaker, and will explain the use of the Laser Beam to the members.

Following the program, Valentine favors will be made for a local nursing home. Refreshments are in charge of Kevin Powers.

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By Jean Kingsley, Women's Consultant,  
The Travelers Insurance Companies

## Be A Safe Driver

How many of you remember the last time you bought a car? Chances are, you thought it a pretty high price to pay. But, what would you say to a car that cost \$60,000? That's what it cost the Fletchers! What did they get for this price? Mrs. Fletcher got a



back injury, and a long siege in the hospital.

Mrs. Fletcher stepped into the family car one wintry morning to go shopping. The road was slippery and she didn't anticipate the large gasoline truck that swung out ahead of her at the bottom of a hill. Mrs. Fletcher hit the brakes hard—and skidded into the truck with such force that gasoline flowed into the street, ignited, and the fire that resulted damaged a nearby store and restaurant.

Of course, it's unlikely that an accident of such magnitude will ever happen to you. But, each year, almost 4,000,000 people are killed or injured in the United States in automobile accidents. Especially in bad weather, when the woman of the house spends a lot of time as chauffeur and errand-runner behind the wheel, it's a good idea to be extra-cautious.

Women in the know keep their cars and themselves in tip-top shape all year round—and especially in winter. Bad brakes, bad lights, and unaligned wheels mean trouble. And smart women know that worse trouble may come when the driver is drowsy, ill or angry.

Automobile insurance is always a good idea, especially a personal automobile policy that includes all five of the basic automobile coverages. Check with your Travelers man to learn more about the benefits of this kind of total insurance. Remember, that driving—winter or any time—is as safe as you make it.

## Captain's Salon?

Seattle

Three hairdriers were loaded aboard a tanker, but not because the ship has feminine crew members. The driers are to be mounted on bridge portholes in hopes they'll help clean salt spray and ice off the glass when the weather is bitter in far northern waters.

"Portholes are round like a woman's head," said the ship's agent explaining the experiment, "and about the same size, too."

February 2, 1876—The National League was formed, and consisted of eight baseball teams, Boston, Chicago, Cincinnati, Hartford, Louisville, New York, Philadelphia and St. Louis.

## NEWCOMER?

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or has someone  
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**WELCOME WAGON**



## Friendly Squares

Dance Feb. 10

The Friendly Squares Square Dance Club of Springfield, Mass., will welcome into the square dance world six couples at graduation ceremonies to be held Saturday, Feb. 10, at the Trinity Lutheran Church, Wilbraham Rd., Springfield.

Festivities will be under the direction of Dave and Kay Lind of Ludlow, and John and Beverly Delay of Thompsonville, Conn.

Graduating will be Lou and Ina Bellefleur of Thompsonville, Lloyd and Alice Bredenbeck of Springfield, John and Claudette Emirzian of Ludlow, Harry and Flo Joubert of Springfield, Leon and Janice Nicolliello of Ludlow, and George and Pat Ramsdell of East Longmeadow.

Angel badges will be awarded to John and Beverly Delay of Thompsonville, Armand and Maxine Houle of Fairview, Eddie and Ellen Knowles of Ludlow, Roland and Winnie Higgins of Springfield and Russ and Bobbi Moorhouse of Westfield.

All western square dancers are invited to join in the fun with the Friendly Squares and dance

to the calling of club caller, Dana Blood of East Longmeadow.

Door prizes will be awarded and refreshments will be served. A vampire dance (I Danced for Blood) will also be featured.

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